



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01115, Whey, sweet, dried

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	3.19	151	0.089	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	353	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Energy	kJ	1476	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	12.93	165	0.087	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	1.07	148	0.033	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	8.35	147	0.061	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	74.46	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	74.46	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2002
Minerals													
Calcium, Ca	mg	796	66	31.447	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.88	41	0.033	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	176	41	5.179	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	932	65	39.872	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	2080	60	50.040	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	1079	62	67.132	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	1.97	43	0.156	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	27.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	1.5	41	0.335	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.519	44	0.014	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	2.208	44	0.061	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	1.258	43	0.051	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	5.620	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.584	41	0.016	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	12	40	0.944	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	12	40	0.944	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2002
Folate, DFE	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	225.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-12	µg	2.37	48	0.097	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2002
Retinol	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2002
Carotene, beta	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	01077	11/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Vitamin A, IU	IU	30	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	--	--	--	--	--	--	Calculated or imputed	01077	11/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	01077	11/2002
Lipids													
Fatty acids, total saturated	g	0.684	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.059	4	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.009	4	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.010	4	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.018	4	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.012	4	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	0.104	4	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	0.326	4	0.016	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	0.097	4	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	0.297	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.033	4	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	0.251	4	0.010	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.025	4	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.009	4	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.205	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	0.817	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	0.719	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	1.186	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	1.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.241	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.253	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	0.407	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	0.363	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	0.697	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	0.375	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.237	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.598	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	1.269	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	2.248	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.280	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	0.786	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	0.622	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002